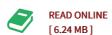




Good Enough to Eat: A Kid s Guide to Food and Nutrition (Paperback)

By Lizzy Rockwell

HarperCollins Publishers Inc, United States, 2009. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Good Enough to Eat is one of a kind: the only guide to kids nutrition written especially for kids. A practical, hands-on tool for families who want to eat a healthy diet, this book explains nutrition from carrots to cookies. In this book, you will learn: all about the nutrient groups--carbohydrates, protein, fat, water, vitamins, and mineralseach nutrient s functionwhich foods contain which nutrientshow much of each nutrient a kid needs each dayhow the body digests foodall about calories Good Enough to Eat includes kid-friendly recipes such as Alphabread and Full o Beans Soup, and even shows kids how to test their food for fat. Perfect for parents, educators, librarians, and doctors trying to explain healthy eating to kids!.



Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

-- Melvin Hettinger

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Easton Collier DVM